

METROPOLITAN SWIMMING, INC.
TECHNICAL PLANNING MEETING
April 25, 2006

PRESENT: David Ellinghaus, Bob Vializ, Mary Fleckenstein, Paul Furbeck, Monique Grayson, Steffi Niessl, Lenny Galluzzi, Paul Fortoul and Ilan Noach.

The meeting was called to order at 6:06pm at the Boys & Girls Clubs of Northern Westchester in Mount Kisco, NY.

We had a very long discussion regarding when and where to run Senior Mets, JO's and Zone Qual during the short course season. The following is a recap of the problems and the solution:

Problem #1:

- 1: How to give Senior Mets its rightful place as the elite Metro meet, allowing the athletes maximum training time, while also maintaining the current successful format of Junior Olympics (which requires the use of the Nassau County Aquatic Center).
- 2: How to alleviate the pressures of the schedule during the Championship Meet season.

Solution:

Combine Senior Mets and Junior Olympics into one large **Metropolitan Championship** weekend...the combined Senior Metropolitan Championships and Junior Olympics to be held February 22-25, 2007 at the Nassau County Aquatic Center.

- The Open group (replacing the 15-18 age group) would compete in one course during prelims. They would follow the Senior Mets format for individual and relay events.
- The 11-12 and 13-14 age groups would compete in the other course during prelims, with 13-14 following the Senior Mets format and 11-12 following the JO's format.
- 10&Us would compete in a timed final session during the afternoon.
- During finals an A, B, and C final would be held for the Open group and an A and B final for 11-12s and 13-14s.
- All swimmers would be entitled to swim up to 9 individual events (no more than 3 each day) during the course of the meet. All 11-12 and 13-14 relays would be held during prelims. Open relays would follow the current Senior Met format with the Top 16 seeded relays competing at night. There would not have a limit on the number of relays a swimmer may compete in, so a swimmer may swim in an age group relay in the am and an Open relay during the pm.
- Team Scoring would be broken into the following categories: Open Team Champion (Men, Women, Combined), 14&Under Age Group Champion (Men, Women, Combined), and Overall Metropolitan Team Champion (Men, Women, Combined).
- Individual High Point Awards (Male & Female) would be given out in each age group.
- The fastest heats of the 1650 (one women, one men) should remain at night...the first two heats of finals. That way the other swimmers can continue to warm-up. We can start Sunday finals 1/2 hour earlier than the other two nights.

Rationale:

This solution saves a full weekend on the schedule. It allows teams to focus their training on one big Metropolitan Championship weekend. It moves Senior Mets later in the season to give it more of a focus and allowing the athletes more training time. It preserves the integrity of the current Junior Olympic format which has been so successful. If approved, we would do this as a one-year experiment.

The meet would be set up by the Metro Board but interested Teams may bid on running the meet.

The 15-18 JO's and Sr. Mets standards were updated as follows:

| Women (Jo's 15-18/women Sr. Mets) | | Men (Jo's 15-18/men Sr. Mets) | |
|--|----------------------------------|--------------------------------------|----------------------------------|
| 50 free | 26.49 | 50 free | 23.79 |
| 100 free | 57.29 | 100 free | 52.29 |
| 200 free | 2:03.99 | 200 free | 1:54.99 |
| 500 free | 5:26.99 | 500 free | 5:09.99 |
| 1000 free | 11:09.99 (score as 13-14 & Open) | 1000 free | 10:45.99 (score as 13-14 & Open) |
| 1650 free | 19:09.99 (score as 13-14 & Open) | 1650 free | 18:19.99 (score as 13-14 & Open) |
| 100 back | 1:05.59 | 100 back | 1:00.49 |
| 200 back | 2:20.99 | 200 back | 2:11.99 |
| 100 breast | 1:14.99 | 100 breast | 1:08.49 |
| 200 breast | 2:39.99 | 200 breast | 2:29.99 |
| 100 fly | 1:04.59 | 100 fly | 58.99 |
| 200 fly | 2:24.99 | 200 fly | 2:16.99 |
| 200 IM | 2:19.99 | 200 IM | 2:08.99 |
| 400 IM | 4:57.99 | 400 IM | 4:39.99 |

Problem #2:

How to maintain the current requirements for Metro run distance meets while giving teams the option to run an Open 400 IM.

Solution:

To keep the current distance meet requirements in place but to allow teams the option of adding an Open 400 IM. Teams would still qualify for their stipends if they run the meet as outlined by Metropolitan Swimming. All other additions would still require Board approval.

Proposed Short Course Schedule for 2007:

- Silvers Championships: February 9-11, 2007
- Metro Championships: February 22-25, 2007 (JO/Sr.Mets Combined)
- 8-Under Championships: March 3-4, 2007
- Zone Qualifier: March 16-18, 2007
- Age Group Championships: March 23-25, 2007

Discussion on the three sections (North, Central, South) for Metropolitan Age Group Championship:

South is still too big for the Age Group Meet, especially since the meet is held in a six-lane pool. The Age Group Chair recommends to add a fourth section by dividing Long Island into two sections: Nassau and Suffolk.

The following teams would move back from Central to Nassau: Long Beach, Long Island Express and Old Westbury.

The following teams would move from North to Central: Gael Aquatic Club and Silver Streaks.

Timers:

Ilan Noach proposed that Clubs be allowed to require timers from other teams based on the size of their entries.

Motion to adjourn was made at 8:23pm by David, seconded by Ilan, and approved by all.
Submitted by Monique Grayson – May 1, 2006